

Muscle Song

Biceps Biceps help our arms bend
Triceps straighten them out again.
Deltoids Deltoids help us reach the sky
Latisimus Dorsi help us climb real high
Pectoral muscles help us push things away
Gastrocnemius help us walk each day.
Hamstrings and Gluts help us stand up tall
Quadricep Quadricep help you kick a ball
Our Abs help us balance and protect what's inside
Lifting weights and exercise keeps our muscles fortified.